



**Baton Rouge**  
**U.S. mourns three**  
**more police officers**  
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**• A glimpse into**  
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# Halifax metro



**Cold Lake, Alta.**  
**CALGARY**  
**PILOT DIES**  
**IN AIR SHOW**  
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Your essential daily news | MONDAY, JULY 18, 2016

High 23°C/Low 17°C Partly cloudy



Miranda Cain, North  
Preston's Future founder  
ZANE WOODFORD/METRO

**WELCOME TO**  
*the real*  
**NORTH PRESTON**  
**Community**  
**challenges its**  
**violent image**  
**metroNEWS**

## Union wary of VIA plan

LABOUR

**Local 508 head**  
**says light rail**  
**builds should be**  
**kept in-house**



Zane  
Woodford  
Metro | Halifax

The president of the union representing Halifax Transit operators says news of an unsolicited proposal from VIA Rail for commuter rail in the municipality is concerning.

The proposal for service between Windsor Junction and downtown Halifax is scheduled to be presented to Halifax regional council's Transportation Standing Committee behind closed doors later this week.

"The fact that they're looking at contracting out light rail, as opposed to doing it in-house, is

concerning," Amalgamated Transit Union Local 508 president Ken Wilson said Sunday.

"If they're going to do it, they're going to do it for profit. What's it going to cost the taxpayers and what's it going to cost the rider?"

Wilson said services like transit should be run in-house to keep checks and balances, and to ensure long-term viability.

"You have a private contractor and all of the sudden they decide they don't want to do this anymore because it's not profitable, and then what?"

His main concern is potential job losses for ATU members in the event that commuter rail cuts bus ridership — something he'll bring up when ATU and the municipality enter into collective bargaining this fall.

Coun. Tim Outhit told Metro that, if approved, the service could be running in a year or less.

He said he was excited to see a proposal from VIA Rail "because these folks know how to run a railroad."



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**HALIFAX HEROES** Ordinary people doing extraordinary things

# 'Ground support' for at-risk vets

**VOLUNTEERING**

## Organization helps veterans to reintegrate into civilian life



**Yvette d'Entremont**  
Metro | Halifax

"He once fought for our country. Now he fights just to survive."

"She battled the face of terrorism. Now she faces a battle with depression."

Those powerful messages featured on a VETS (Veterans Emergency Transition Services) Canada brochure are intended to create awareness about an organization committed to helping homeless and at-risk veterans reintegrate into civilian life.

Dartmouth residents Jim and Debbie Lowther founded VETS Canada in 2010 after Jim came across four homeless veterans at a Sunday supper where he was working as a volunteer.

A retired military member himself, he and his wife started a Facebook page in 2010 devoted to the cause of helping such men and women.

They had no idea that they'd sparked what would become a nationwide movement.

Since 2010, VETS Canada has helped close to 1,200 still serving military or retired military members and their dependents above the age of 18, in addition to serving or retired RCMP members.



**Shawn Hambley, left, and Anthony Banfield are both members of the Royal Canadian Navy and currently volunteer with VETS Canada.** Since 2010 the organization has helped 1,200 current and retired military members and their families adjust to life after the military. BEN JAMIESON/FOR METRO

When national executive director for VETS Canada Gail Gardiner contacted Metro, she asked if they could honour their volunteers by asking two to speak on behalf of them all.

Shawn Hambley and Anthony Banfield, both currently serving with the Royal Canadian Navy, agreed to sit down and share what volunteering with VETS Canada has meant to them.

"I found out about VETS Canada because when I was working at Juno Towers I actually ran

into a vet who was having issues, who was staying there," Banfield recalled.

"Me and my PO were working closely with him and we actually didn't know what to do with him until one of our supply officers told us about VETS Canada. So once I found out what VETS Canada can do for a retired member like that who is in need, it really opened up my eyes and that's when I started volunteering."

Banfield said that retired naval chief had been in and out of shel-

ters and was living on the streets. He described VETS Canada's intervention as "life changing" for the man, who was suffering with several medical issues including dementia. He has since been reunited with his family in another province and is living there, off the streets.

"VETS Canada stepped in and changed this man's life ... you never know what situation you could be in in years to come, and it's just nice to know that someone will be out there that



They're trying to find these homeless vets and put them up and getting them the help they need. And they're succeeding. Anthony Banfield

can help me," he said.

Hambley said he started volunteering with the organization as a way to give back because in addition to being a serving member, he grew up in a military family. He said the organization is hands-on and he appreciates the immediacy of seeing the difference he and the other volunteers make.

"The stories that really stick out for me are when we will get a referral in through the website. It could be single parent, someone who was in the military, now living with two or three kids under their roof and they can't pay their power bill and have been told their power is going to be shut off immediately," he said.

"That's when we can step in, try to assist them, see the situation and get in there and keep the lights on for that family. It's food, shelter, heat. It's giving them the basic necessities."

VETS Canada organizes fairly regular 'Boots on the Ground' events where volunteers walk the streets connecting with people and seeking veterans in need of "ground support." The last one in May took place in 13 Canadian cities including Halifax, where about 25 volunteers showed up.

"Being able to get the exposure nationally and see the numbers of people being helped not just in Halifax but all across the

country really opened my eyes as to how widespread the issue is," said Hambley.

"Right now the biggest concern that I am seeing is the delay in people receiving their pensions when they're released. That's a big concern right now. People don't have months and months of funds set up upon retirement and they end up waiting a long time to get their pensions."

VETS Canada co-founder Debbie Lowther said there are about 15 to 20 active volunteers in Halifax alone but as a non-profit they're always looking for more. Anyone wishing to help the cause can sign up to volunteer or donate through their website.

## + NOMINATIONS

### Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes



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# 'This is North Preston's future'

## NORTH PRESTON

### Community trying to change how area portrayed



**Haley Ryan**  
Metro | Halifax

Pens and craft supplies are spread across tables in the community centre room as young people chat and laugh, glitter on the floor where a sign reads 'United we stand.'

Last Thursday about 10 teens and young adults with North Preston's Future, or N.P.F., worked on decorations for their float in the North Preston Day parade two days later. They had just finished training on the Clean Foundation's Home Warming program, so they could go door to door letting low-income people know about free energy-efficiency improvements.

Miranda Cain, N.P.F. founder and volunteer, said she knows this isn't the vision many Nova Scotians have of North Preston, Canada's largest black community.

She said locals have long resented the area is portrayed in the media only for violent crime and as home to the North Preston's Finest gang, most recently in June being connected to the Heart of a King gang raid in Toronto by police there.

"You come here and our community welcomes you with open arms. People are

not afraid to come here, so why are you portraying that in the media?" Cain said, standing in the sunshine outside the North Preston Community Centre, after inviting Metro out for a visit.

"We are a part of Canada's history as the largest black community, we should be recognized as such — not as being North Preston's Finest where the little two or five per cent is doing whatever."

After leaving the anti-violence group CeaseFire last year, Cain said she still wanted to volunteer with black youth so she applied for a federal grant to employ young people (with the title North Preston's Finest to take back the infamous name) and was surprised to be awarded five positions.

However, Cain said since she got 16 applications, she rallied enough grants and honorariums from the Clean Foundation to employ 12 positions this summer.

The youth work at giving back by helping seniors cut their grass, doing general maintenance, picking up litter, random acts of kindness, hosting events for kids, and more.

Although she wanted to keep the original name, Cain said the word "future" popped into her head as another title — and "that's exactly what we're doing, because we're making our next chapter of North Preston youth that's going to come up."

Sherine Beals, 28, said she was surprised they were given the chance to talk with neighbours about the efficiency program because it feels like



Araya Smith laughs with a friend at the North Preston Community Centre. ZANE WOODFORD/METRO

"nobody pays attention to the community."

Beals said N.P.F. is the first job for many of the teens, but besides resumé-building the work is a way to challenge stereotypes by having the group perform good deeds.

"We're one. We're united. United we stand, divided we fall," Beals said.

"People think it's like a gang and always bad, but it's not, we're trying to change it," Tyondra Willis, 17, added.

Kendall Saunders, 16, nodded next to Beals and said he really likes the feeling of improving the community and helping older people.

When asked what it's like growing up in the community, Saunders said it's "fun" and Beals said she loves how "everyone's all family," although both pointed out the



Young people in North Preston's Future arrange and decorate signs. ZANE WOODFORD/METRO

lack of grocery stores, opportunity, programs for young people, and Emergency Health Services unit adds to the feeling of isolation.

"The snow plows ... they

come up here like hours after. What if there's an emergency? Shouldn't we be entitled too, if we're paying taxes?" Beals said.

As a group walked out, Cain asked them all about their



**They don't really have as much as you do in the city, and I just want to give back.**

Tyondra Willis

schedules and when they'd be coming into work or mowing grass the next day. As they left, she said with a smile it's been so rewarding to see the kids' confidence and sense of pride grow over the past few weeks.

The program fills a need in that most other groups in North Preston are enrichment for those doing really well, or support for those in "really bad" situations, Cain said, but little for those who land in the middle and could go either way.

"The only way I think to change it is not just voicing it ... it's by actually doing the change, showing another side. Then maybe someone will say 'Okay, that's not North Preston's Finest, this is North Preston's future right here, and that's what's important,'" Cain said.

Community shootings, including the April homicide of Daverico Downey, are from a tiny percentage of North Preston people, Cain said, which is no different than any other area.

"We're trying to bring back the community loving because you know that we have the crime, and we're killing each other, so that of course divides a community," Cain said quietly.

"(We're) trying to patch it back by whatever we can do, hoping that other organizations will see what we're doing and start taking on that."

**“Still segregated, we're up here and we only see each other, then we're put out into the world.”**

Miranda Cain

## DARTMOUTH SPCA

### Adoption fees for adult cats reduced



**Rebecca Dingwell**  
For Metro | Halifax

Those thinking about adopting a cat now have an added incentive.

For the next two weeks, the Nova Scotia SPCA's Dartmouth shelter is reducing adoption fees for adult cats. The lowered fees range from \$50 - \$100 dollars. Sandra Flemming, provincial animal care director, said the cost depends on the cat.

"The ones that are going for \$50 are the ones that have

been at the shelter for a little while," Flemming said in a phone interview Saturday. "We want those guys to get in their forever homes."

The reason for the reduced price is that adoptions tend to be slower in the summer.

"It becomes a bit of a perfect storm, because it's also the busiest time of the year for us in terms of the breeding season and the number of animals that need our assistance," said Flemming.

Too many cats could mean having to turn away other cats in need — something the SPCA



**It's the busiest time of the year for us in terms of the breeding season.**

Sandra Flemming

doesn't like to do. While prospective owners tend to gravitate towards kittens, Flemming explained the benefits of getting an adult cat.

"They're quieter. They sometimes fit in with your lifestyle

better," she said. "If you have other pets they're easy to integrate, for the most part."

When it comes to adopting a cat, Flemming said time, commitment and ongoing costs are all things potential adopters need to consider. She stresses the importance of understanding the responsibilities of owning a cat. And if things don't work out with a new owner the cat can be returned — no questions asked.

For animal lovers who can't commit to owning a pet, Flemming said volunteers and fosters are a big help.



Tara Ricketts, a volunteer adoption counsellor, holds Cagney the cat at the Dartmouth SPCA. REBECCA DINGWELL/FOR METRO





**DYKES VS. DIVAS PLAYING THE FIELD** Divas try to stop Lauren from Team Dykes during the annual Dykes vs. Divas softball game at the Halifax Commons on Sunday. Last year's game was rained out, so both the crowd and the participants were happy for its return. For more sights and sounds from the game, visit [metronews.ca](http://metronews.ca). JEFF HARPER/METRO

HALIFAX POLICE

## Watchdog looking into crash



**Zane Woodford**  
Metro | Halifax

The province's police watchdog is investigating after a 20-year-old man crashed his motorcycle trying to get away from Halifax police Saturday night.

Police tried to pull over the motorcycle as the driver exited Highway 111 onto Braemar Drive in Dartmouth at 8:45 p.m.

Police report that the driver didn't pull over, and accelerated instead. He lost control, and crashed the motorcycle.

Police say he was taken to Dartmouth General Hospital with non-life-threatening injuries. He was charged with driving while disqualified and will appear in court.

The Serious Incident Response Team, or SIRT, has been called in to investigate the crash.

SIRT "independently investigates all serious incidents which arise from the actions of police in Nova Scotia."



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# Sexism a barrier in local politics

## EQUALITY

### Study finds only 23% of elected leaders are women

Halena Seiferling imagined that, of all political realms, the municipal level would be where women were most represented — in mayors' offices and city council seats across Canada.

None of that onerous travel to and from legislative capitals. The absence of party systems and the partisan vitriol to which they are prone. Issues, from speed bumps to public libraries, closest to neighbourhoods and home.

"People assume that the municipal level is just inherently more accessible for women or more welcoming," the 26-year-old Regina native told Torstar News Service. However, "based on the numbers in Canada, that's not reflected."

Seiferling, who led a study at Simon Fraser University for

her master's degree in public policy, found that while Canadian women have been legally able to run for political office for almost a century, they "remain severely under-represented at all levels."

As of 2015, she said, women comprised 26 per cent of legislators at the federal level, 25.7 per cent provincially, and just 23 per cent in municipal governments.

The issue is not voter behaviour or gender bias. Canadians have shown they will vote for women — it is there are "too few women running for municipal offices in Canada."

Negative attitudes, sexist comments, and obsession with women's age, appearance and communication styles continue to prevail, Seiferling was told by women who have been elected mayor or city councillor.

To help in the challenge of changing culture, Seiferling adopted Prime Minister Justin Trudeau's decision to apply gender parity in appointing his federal cabinet, recommending that municipalities mandate

## + REPORT

### Seiferling's report recommends:

- Mentorship programs for young women, pairing them with city councillors.
- Campaign finance reform to level the playing field.
- Direct provision of campaign funds to women.

gender equity for all advisory committees and boards.

Such a measure would address "the biggest barrier identified in my research — that of the unwelcoming political culture," she said.

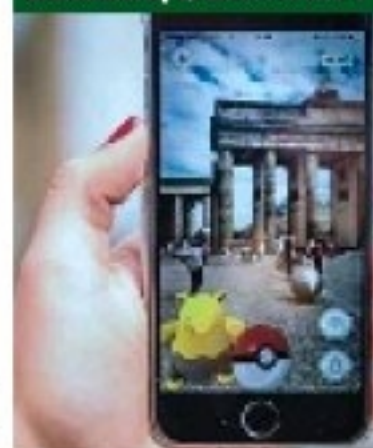
It would ensure that "more women are present in municipal decision-making spaces, which will begin to shift the political culture," she wrote. And it would build skills and experience in women that would likely lead to the confidence, networks and support necessary to pursuing elected positions.

TORSTAR NEWS SERVICE

## LONDON, U.K.



## BERLIN, GERMANY



## MELBOURNE, AUSTRALIA



Don't worry, Canada — Pokémon Go has finally landed. Now Canadians can officially join people all over the world in catching their virtual reality Pokémon friends. AFP/GETTY IMAGES

## POKÉMON GO

# You can catch 'em all, Canada

Prospective Pokémon trainers can officially download the mobile gaming sensation Pokémon Go in Canada as of Sunday afternoon.

The augmented-reality game launched in the United States, Australia, New Zealand and Japan earlier this month.

But before Sunday, Canadians had to find work-

arounds to play the game north of the 49th parallel.

The game sends players into the real world to search for the mythical digital pocket monsters known as Pokémon, who appear onscreen when users hold up their smartphones in various locations at various times of the day.

On Sunday afternoon, it was

announced on the app's Twitter page that the game is available for download in Canada on Android and iOS devices.

But the app's servers overloaded in the hour after the announcement, and wannabe players had to wait a little longer before they could register an account.

THE CANADIAN PRESS

## COLD LAKE

# Pilot killed in air show plane crash



**Jeremy Simes**  
For Metro | Calgary

A Calgary pilot has died after his plane crashed during the Cold Lake Air Show on Sunday afternoon.

Bruce Evans, who was flying a T-28 Trojan aircraft, died after his plane nose-dived during his performance, according to 4 Wing spokesman Matthew Strong.

"4 Wing emergency services responded to the situation immediately and upon securing the scene discovered Mr. Evans was killed as a result of the crash," Strong said in an email. "4 Wing and CFB Cold Lake and the Cold

Lake Air Show express our condolences to the family, friends and loved ones of Mr. Evans."

The plane crashed around 2 p.m. on Sunday.

"(It was a) tragic end to an otherwise perfect day," said witness Ken Kimpton.

Evans — a geologist — purchased the T-28 Trojan in 2007 according to the Cold Lake Air Show's website.

"(Evans) holds an Airline Transport Pilot Licence with Instrument Rating, a T-28 Endorsement, and a low level aerobatic clearance to 250 feet," the website read. "Throughout his career Bruce has accumulated over 4100 hours of flight time experience."



**Bruce Evans** CONTRIBUTED

Strong said 4 Wing has initiated an investigation into the crash.

"But primarily, we are providing support to Mr. Evans' team and loved ones," Strong said.

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# Arabs in Nice facing racism

## BASTILLE DAY

### Truck driver who killed 84 people was a 'loner'

It's only 15 minutes on the number 4 bus from Massena square to the gritty St. Roch neighbourhood, where the Rolls Royces and designer sunglasses of Nice's famous waterfront seem more than a world away.

The bus follows the banks of the Paillon river, past Don Bosco High School, a prison and a slaughterhouse before letting passengers off at the gates of a garbage processing facility.

Mohamed Lahouaiej Bouhlel, the man who killed 84 people by driving a 17-tonne truck through a crowd celebrating Bastille Day, lived on the fourth floor of a dingy walk-up building here. His name is misspelled on the intercom.

Unlike Rio de Janeiro, where the impoverished favelas are on the hills, here luxury condos loom over the poor neighbourhood. It's a constant reminder of the wealth the people who live here are missing out on.

Like many of France's infamous banlieues, St. Roch is populated largely by North African immigrants and their children, and has disproportionately high unemployment and crime.

At Chez Elies, a local kebab shop, a group of men hang out

drinking coffee and Fanta, rolling cigarettes and listening to music through the open door of a parked car. Each one of them knew Bouhlel by sight, but said he wasn't one to stop and chat — a practice common in the tightly knit neighbourhood.

"He was a loner. He drank his Kronenbourg (a local beer) alone in the park right across the street," said Wissem Addali, 38, who immigrated to France 20 years ago from the same region of Tunisia as Bouhlel.

Nice is one of France's biggest terrorist recruiting hubs. More than 50 locals have departed to fight in the Middle East, according to the Economist.

Authorities said Bouhlel "radicalized very quickly" and have found two text messages sent in the moments before the attack that seem to suggest he had accomplices.

CCTV footage reportedly shows Bouhlel twice scouting the Promenade des Anglais, where he carried out his mass murder. French television station BFM reported that he drove slowly down the boulevard on Tuesday and Wednesday.

After tracing Bouhlel's texts and phone calls, police arrested an Albanian couple Sunday, local press reported, bringing the total to seven.

Bouhlel's ex-wife, who was held for 48 hours, was released Sunday. Reporters who knocked at her 12th-storey apartment were rebuffed.

She was well known in the

## + POLICIES

Christian Estrosi, former mayor of Nice and now president of the regional government, brought in several measures widely seen to target the Arab population. In 2012, yelling, instruments and foreign flags were banned during weddings. In 2014, foreign flags were banned anywhere in public.

area as well, said Walid, 30, who wore an electronic monitor on his ankle and didn't want to give his last name out of fear it might impact his criminal proceedings.

Walid said that the Arabs who live in Nice are paying twice for the attack: first as victims and now as perceived perpetrators.

Everyone at the kebab shop was on the "prom" Thursday night. All of them have close-call stories and know someone who didn't make it. But instead of sympathy, they say they get suspicion.

"Arabs don't have the right to be individuals, to make choices to be good or bad. No, if an Arab kills someone, he's not a murderer, he's a terrorist," Walid said.

All those gathered at the kebab shop agreed that France has a problem with anti-Arab racism, and that it's gotten worse since it first came to the world's attention with widespread rioting in 2005. TORSTAR NEWS SERVICE



People gather to mourn next to flowers and candles placed on the road for victims of the deadly Bastille Day attack. AFP/GETTY IMAGES



Candles are lit during a mass at the Saint Nicolas Orthodox church in Nice, France. AFP/GETTY IMAGES

## FAILED COUP

### Crackdown in Turkey a concern

Following a failed coup against Turkish President Recep Tayyip Erdogan, the government moved swiftly Sunday to shore up his power and remove those perceived as an enemy, saying it has detained 6,000 people.

The crackdown targeted not only generals and soldiers, but a wide swath of the judiciary that has sometimes blocked Erdogan, raising concerns that the effort to oust him will push Turkey even further into authoritarian rule.

Friday night's sudden uprising by a faction of the military appeared to take the government — and much of the world — by surprise.

The plotters sent warplanes firing on key government installations and tanks rolling into major cities, but it ended hours later when loyal government forces regained control of the military, and civilians took to the



Supporters of Erdogan gather in Istanbul. GETTY IMAGES

streets in support of Erdogan. At least 294 people were killed and more than 1,400 wounded, the government said.

On Sunday, Prime Minister Binali Yildirim said the coup had failed and life has returned to normal.

"We shall rapidly conduct the cleansing operation so that they cannot again show the audacity

of coming against the will of the people," said Yildirim.

Yildirim said those involved with the failed coup "will receive every punishment they deserve." Erdogan suggested that Turkey might reinstate capital punishment, which was legally abolished in 2004 as part of the country's bid to join the European Union.

Speaking to a large crowd of supporters in front of his Istanbul residence Sunday evening, Erdogan responded to frequent calls of "We want the death penalty!" by saying: "We hear your request. In a democracy, whatever the people want they will get."

Grief-stricken relatives in Ankara and Istanbul buried those killed in the coup attempt, and prayers for the dead were read simultaneously at noon Sunday at Turkey's 85,000 mosques.

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REPUBLICANS

# Tensions high before convention

The day before the Republican National Convention got underway in Cleveland, the fatal shooting of three police officers in Louisiana on Sunday added new concerns about security as huge crowds were expected to protest and the city police chief prepared officers to deal with the open carrying of weapons as allowed by state law.

Republican Ohio Gov. John Kasich rebuffed a request by the head of the Cleveland police union to suspend that law during the convention, saying he doesn't have the authority to "arbitrarily" alter laws and constitutional rights.

Sunday afternoon, hundreds of people lined a bridge leading into downtown Cleveland in a peaceful "Circle the City With Love" rally. Participants standing on opposite sides of the bridge from one end to the other held hands and stood in silence for several minutes.

Late Sunday afternoon, a few dozen people began marching in a noisy "Shut Down Trump and the RNC" from east of downtown toward Public Square.

The morning started with Cleveland Police Chief Calvin Williams saying barricades have been placed at key streets and intersections in the city's downtown before the convention.

There have long been concerns about violent protests and clashes between those who support Donald Trump and those who oppose him. There have been reports that anarchists and black separatists also plan to protest in Cleveland during the convention, Williams said.

THE ASSOCIATED PRESS



Police guard areas around the city of Baton Rouge, Louisiana on Sunday. Multiple law enforcement officers were killed and wounded Sunday morning in a shooting near a gas station in Baton Rouge, less than two weeks after a black man was shot and killed by police. THE ASSOCIATED PRESS



# 'No place for more violence'

Three Baton Rouge officers killed in shooting less than two weeks after a black man was shot and killed in the city by police in a confrontation that sparked mass protests. THE ASSOCIATED PRESS

Three Baton Rouge law enforcement officers investigating a report of a man with an assault rifle were killed Sunday, less than two weeks after a black man was fatally shot by police here in a confrontation that sparked nightly protests that reverberated nationwide.

Three other officers were wounded, one critically. Police said the gunman was killed at the scene. Although he was believed to be the only person who fired at officers, authorities said they were unsure whether he had some kind of help.

"We are not ready to say he acted alone," state police spokesman Major Doug Cain said. Two

"persons of interests" were detained in the town of Addis.

A law enforcement official familiar with the investigation identified the shooter as Gavin Long, a 29-year-old Kansas City, Missouri, man. The official spoke on condition of anonymity because the official was not authorized to discuss an ongoing investigation.

The shooting came amid escalating tensions across the country between the black community and police. Just days earlier, one of the slain officers posted an emotional Facebook message about the challenges of police work in the current environment.

It was the fourth high-profile deadly encounter in the United States involving police over the past two weeks. In all, the violence has cost the lives of eight officers, including those in Baton Rouge, and two civilians and sparked a national debate over race and policing.

President Barack Obama urged Americans to tamp down inflammatory words and actions.

"We as a nation have to be loud and clear that nothing justifies attacks on law enforcement," Obama said in remarks from the White House. "Everyone right now focus on words and actions that can unite this country rather than divide it further."

The officers who were shot worked for the Baton Rouge Police Department and the East Baton Rouge Sheriff's Office.

"There simply is no place for more violence," Gov. John Bel Edwards said. "That doesn't help anyone. It doesn't further the conversation. It doesn't address any injustice perceived or real. It is just an injustice in and of itself."

Of the two officers who survived the shooting, one was hospitalized in critical condition, and the other was in fair condition. Another officer was being treated for non-life-threatening injuries, hospital officials said.

THE ASSOCIATED PRESS

## + MESSAGE

Just days before he was shot and killed Sunday morning, a Baton Rouge police officer posted an emotional Facebook message saying he was "physically and emotionally" tired. He expressed how difficult it was to be both a police officer and a black man, a friend said. "I swear to God I love this city but I wonder if this city loves me," Montrell Jackson wrote.

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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION Which is grammatically correct: 'between you and me' or 'between you and I'? My grandmother seems pretty convinced that it's the latter.

Dead Ellen,

A woman at work told me that "between you and I" is wrong and I should say "between you and me," but my grandmother in Guelph taught me to always say "you and I" because that is more polite. What do you think?

Signed,  
T.S., Toronto

Dear T.S.,

A link went around on Facebook recently, citing a University of Michigan study that indicated that sticklers for proper grammar aren't as "nice" as other people. I think we can all agree that I would never claim to be nice as I dispense my tart but brilliant advice to readers such as yourself. But I have laid off correcting people's grammar over the years, for several reasons.

Firstly, language is an ever-changing beast and it's often pointless to cling to old rules. Much as we hate to see language manglers confuse "comprise" with "compose" or "continual" with "continuous," we have also gained helpful new usages, such as the wonderfully sarcastic "I could care less" and the increased use of the non-binary "they" instead of "he" or "he/she" as a singular pronoun.

Secondly, as long as people are expressing themselves clearly, there's no need to snobbishly squelch them mid-communicé with dribbling excretions

**I'm guessing your grandmother's labouring under the commonly held belief that if something sounds awkward, then it's probably correct.**

BETWEEN  
THIS PERSON  
AND THIS PERSON...



© Ani Castillo

from your own, supposedly better-educated brain.

The only time I will weigh in is with children in my care, because proper grammar is a tool like any other you want to put in their arsenal, to use as they see fit, as they head out into the world; and with pompous know-it-alls and poseurs, people who affect what they think is good grammar in a bid to appear more polite or better educated, but who are in fact merely rigid, pretentious and egregiously wrong.

I'm sorry to say that your grandmother may fall into the latter category. Of course I don't know the woman, and after writing

this column, I doubt I'll ever be given the pleasure of an introduction. But I'm guessing she is labouring under the commonly held belief that if something sounds a bit awkward, then it's probably more correct. Fie on that misconception. I'd much rather hear speakers say "me and her went to the store" than "I went to the store with she, and I walked between she and the road."

The first example is wrong (because you'd never say "me went to the store" or "her went to the store"). But the second example, also wrong, seems even worse because it clangs on the ear whether you know proper grammar or not.

When in doubt, go with the vernacular, rather than put on airs with awkward constructions that you're unsure of.

Which brings us back to your grandmother. I applaud her for trying to make you sound more polite, but I must insist you think more critically next time anyone insists you follow a rule without justifying the reasons behind it. She didn't have the Internet. You do. If you really care about proper grammar, start getting into the habit of looking things up.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca

## How worried should we allow ourselves to be?

**Matt LaForge**  
Metro

What's the worst that can happen?

Three more police officers have been killed, evidently by another man with a big gun, this time in Baton Rouge, La. As of this writing, details are scarce, but no one can help but assume that this, like the attack in Dallas, was a vicious, misguided act of revenge.

Today, the Republican convention begins in Cleveland. The party will nominate Donald Trump as its presidential candidate and it will present a platform shot through with the white Christian nationalism that Trump has loudly championed on the trail.

The violence in Baton Rouge and Dallas — not to mention Minneapolis, Nice and Turkey — gives Trump, whose campaign had been flagging prior to the recent violence, a fresh opportunity to offer fascist consolations, a new context in which to rail against the enemies who threaten the country, to vow to make these enemies pay, and to personally ensure that his supporters' lost glory will be restored.

"Trump has lent his party ... a prompt to conservatives, to feel themselves unconstrained," Benjamin Wallace-Wells of the New Yorker wrote Sunday.

The head of Cleveland's police union, having contemplated the prospect of unconstrained-feeling conservatives assembling in his city, plans to petition Ohio governor John Kasich to suspend the state's open-carry gun laws during the convention. The irony behind the request is dark even by summer 2016 standards: The police can ban tennis balls from the convention protest

zone but, because Ohioans are constitutionally empowered to brandish rifles, they can't ban guns.

A lot of people have lately been talking about the 1968 Democratic convention in Chicago, where the police attacked antiwar protesters with clubs and tear gas for nights on end. You've heard the story told: the anti-Vietnam War movement had reached its apotheosis, Martin Luther King and Robert Kennedy had been assassinated, and the Newark and Detroit race riots were recent, vivid memories. The parallels to 2016 are easy to spot if you're looking for them.

The '68 riots are central to 20th-century American political folklore. They're invoked gravely but with a certain fondness: A needed reckoning, a necessary exercise. Some eggs got cracked but the omelette got made.

At the other 1968 convention, the Republicans nominated Richard Nixon. No riots. Here's what one of his top advisers, John Erlichman, said, in 1994, about what happened next:

"The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and black people ... By getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. ... Did we know we were lying? Of course we did."

Call it a program of conservatives who felt themselves constrained.

"A lot of subtext is going to become text in the next few days," wrote Tommy Craggs, of Slate, the day after the Dallas shooting.

Is that the worst that can happen?

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## Flexing that side hustle muscle



Ashley McKee uses the money from selling costumes on the side to fund her Roller Derby hobby. LIZ BEDDALL/METRO

### TREND

## Precarious job situation has many working extra gigs



**May Warren**  
Metro | Toronto

After a long day at work Ashley McKee heads home to flex her side hustle muscle.

The 31-year-old Torontonians makes adult Sailor Moon outfits and sells them on Facebook, a gig she estimates brings in about

\$800 a month on top of what she earns in her full-time position at a mascot manufacturer. "My nine-to-five job covers all the bills and everything but there's very little left over for fun stuff," she said.

"I thought I could make a little bit extra on the side turning my hobby into an extra little job."

McKee is one of many millennials turning to side hustle in an increasingly uncertain job market as the cost of living in cities continues to climb.

Covering everything from teaching English over Skype to driving an Uber, the term has even found its way into Urban Dictionary, where it's defined as "sideline that brings in cash."

Andrew Cash, cofounder of the Urban Worker Project, which advocates for young workers, said while many may enjoy the flexibility a side job can bring, it's important to put the trend in context.

"The underlying sort of motive and motivation for most people here is just that they're just not covering their bills," he said.

Younger workers can find it hard to make ends meet faced with sky-high rents in cities and record levels of student debt, coupled with a job market full of temporary, part-time jobs, he said.

Recent Ryerson University grad Yaiza Décaudin has two

side gigs on top of her part-time position at a bakery, freelance graphic design and tutoring. They make up one full-time job "in terms of time, but not money," she said with a laugh. While the 22-year-old enjoys the freedom the arrangement gives her to travel, it leaves her without benefits.

For Cash there's no "silver bullet" to the underlying problem, but it's something all levels of government and industry need to take very seriously. "Work really has changed, but wasn't hasn't changed is the need for workers to have stable, predictable jobs in communities where they can afford to start a life," he said.

## FOUR WAYS TO MAKE SOME EXTRA CASH

Young adults across the country are hustling hard to make ends meet — on top of their regular jobs. Here are four ways almost

anyone can turn their hard work and creativity into a little extra cash.

GENNA BUCK/METRO CANADA

### 1 Tap your talents

Can you knit? Make meringues? Chances are you can find people who would love to tap into your skill set. That's what 23-year-old Niloufar Fayaz, who loves baking, decided to do when she found herself between administrative jobs. While she looks for a job, Fayaz has been teaching others to make macarons in her Toronto kitchen for \$90 per three-hour workshop.

### 2 Go shopping

Mystery shopping is a part-time market research gig where you pose as a customer at a business then fill out a questionnaire evaluating their level of service. Mystery shoppers get a small fee, typically \$10-20, and often get to keep what they buy. But beware of scammers: Real mystery shopping companies never pay in advance and don't ask you to send your money anywhere.

### 3 Share your opinion

If you're in a demographic they're interested in, many companies pay cash or gift cards for your opinion on anything from the taste of beer to your experience with medical treatments. In-person groups, which are held in cities around the country, usually pay the best. And again, be wary of scammers: You shouldn't have to pay to sign up with a reputable company.

### 4 Be a wallflower

Those people who stand around looking cool in the background of a music video — or concerned, in the case of a police procedural — are often casual workers paid a day rate for a long shift on a movie or TV set. This side hustle often comes with meals and is especially popular in film industry hotspots like Vancouver.



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## WHY I LIKE MY JOB

**Remi Ejiwunmi, 45, Midwife with Midwifery Care of Peel and Halton Hills (Greater Toronto Area)**

As a midwife, I provide comprehensive prenatal care to women while promoting healthy lifestyles that benefit both mother and child. I attend to women in labour and birth, and assist new moms with postpartum recovery and newborn baby care. I also provide check-ups, ultrasounds and general counsel to optimize each client's birthing experience.

I started practising when I was 25 years old, after achieving a bachelor of science in psychology and bachelor of health sciences at McMaster University. I earned a position with my current practice right after graduation, and have continued to grow and learn professionally since 1996. I also completed my master of science in quality improvement and patient safety from the University of Toronto to gain additional skills.

I enjoy getting to know my clients and their families over the course of their pregnancies and beyond. Midwifery is unique in that it encourages clients to become actively involved in their own care — so it's rewarding to see my patients discover their strengths throughout that process of active involvement and then use those strengths on their journey through parenthood.



## THE BASICS: Midwife

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Data for this feature was provided by payscale.com, service-canada.gc.ca, statcan.gc.ca and onetonline.org.

## HOW TO START

Midwives are the only health care professionals specifically trained in out-of-hospital birth. The typical path for a registered midwife involves obtaining of a bachelor's degree in midwifery followed by the successful completion of the national board exam.

There are seven recognized midwifery programs available in Canada, and each province regulates midwifery differently. In most provinces, newly registered midwives must complete a one-year mentorship under the guidance of an experienced midwife.

## WHERE YOU CAN GO

According to Statistics Canada, the nation has experienced an average increase of 3,110 births per year since 2011 (totalling an estimated 388,729 in 2015). A rising birth rate and population means there is a greater demand for registered midwives.

Midwives typically serve as primary caregivers to pregnant, birthing and postpartum women and their babies for the first six weeks of life in patient homes or birth centres. Additionally, most midwives are able to admit and discharge patients in local hospitals as needed. Midwives are also increasingly filling administrative and policy roles within the government, in education as faculty, and in policy roles with health care organizations.



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## JOHANNA SCHNELLER WHAT I'M WATCHING

# With any luck, we just hit peak antihero onscreen

**THE SHOW:** Vice Principals, Season 1, Episode 3 (HBO)  
**THE MOMENT:** The vicious insults

U.S. high school vice-principals Neal (Danny McBride), a relentless boor, and Lee (Walton Goggins), a smarmy liar, can't stand each other. But they hate their new principal, Dr. Belinda Brown (Kimberly Hebert Gregory) more. They've formed an uneasy alliance to ruin her life. Now, standing outside by the school flagpole, they watch her exit her car.

"Look at her, like a f—in' dinosaur," Lee sneers. With each of her steps toward them, he mocks her weight, "Boom, boom, boom. I can see the edge of her f—in' Spanx. Look at that ass."

"Ugh," Neal says. "I bet when she gets up here she smells like f—ed buttocks," Lee says.

Yuck, on every level. I understand the concept of the loathsome loser. I get that "anti-hero" is the kind of hero TV loves best now. But I fervently hope this show proves that we've hit



**Behold a couple of antiheroes: Danny McBride is Neal and Walton Goggins is Lee in Vice Principals.** CONTRIBUTED

Peak Antihero — or rather, Nadir Antihero.

It's one thing to watch a character who's terribly flawed — who's lonely, divorced and in debt, who doesn't know how to function, who says all the wrong things all the time — as Neal is. But it's another if they're purely asinine. Neal can't get through a single scene without some sort of viciousness, ugliness or stupidity (and often all three). It's soul-crushing.

Maybe Neal will learn and grow. Maybe show creators McBride and Jody Hill are doing a trenchant sendup of the frustration that formerly privileged white men feel when society no longer values them.

I don't care. They lost me at "butthole."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



# How Swede it is

BRITISH OPEN

## Stenson wins first major with record-tying final round

Henrik Stenson is the champion golfer of the year, thanks to a final round for the ages.

He kept hitting the best shots of his life, one after another, and he needed each one to stay ahead of Phil Mickelson in a British Open duel that ranked among the best in major championship history.

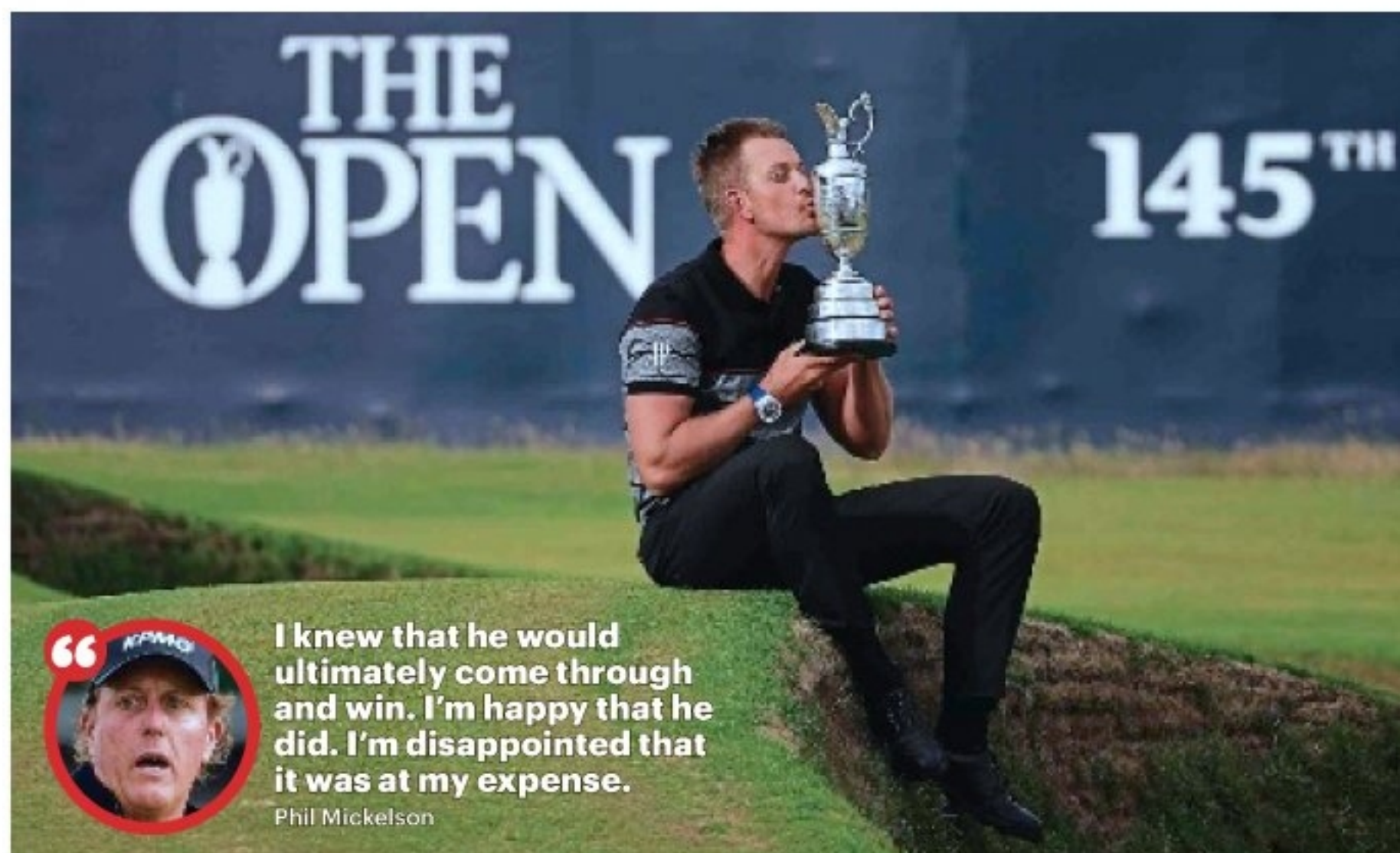
Stenson made 10 birdies, including a 50-foot putt across the 15th green that had him pumping his fist in a rare show of emotion Sunday.

The final stroke in this masterpiece was a 20-foot birdie putt on the 18th hole that curled into the cup on the final turn. It gave him an 8-under 63, tying Johnny Miller at Oakmont for the greatest closing round by a major champion, and Stenson didn't even realize it until he sat down to sign his card.

Records didn't matter. This was about winning his first major.

"Right now I'm running on adrenaline. But there will be some point when I'll struggle to make it up the stairs when I get back to the house," Stenson said after four hours of an epic battle between two 40-somethings at Royal Troon.

Mickelson was a runner-up



Henrik Stenson celebrates winning the British Open with the Claret Jug on Sunday in Troon, Scotland. MATTHEW LEWIS/GETTY IMAGES

for the 11th time in a major, but never like this. He can't look back at a mistake because he really didn't make any. He opened with a 63, closed with a career-best 65, shot the second-best score in Open history and was 11 shots better than everyone in the field.

Except one.  
"It's probably the best I've played and not won," Mickel-

son said. "I think that's probably why it's disappointing in that I don't have a point where I can look back and say, 'I should have done that or had I only done this.' I played a bogey-free round of 65 on the final round of a major. Usually, that's good enough to do it, and I got beat. I got beat by 10 birdies."

He got beat by arguably the best final round in 156 years of

major championships.

Miller also made 10 birdies in his final round of the 1973 U.S. Open, and then waited to see if anyone could catch him. Stenson pulled away with birdies on the 14th and 15th holes, and then a third in a row after Mickelson drilled a 3-wood onto the green at the par-5 16th and came within a fraction of an inch of making an eagle.

The last birdie was for the record book.

Stenson finished at 264, breaking by one shot the 72-hole scoring record in the majors that David Toms set in the 2001 PGA Championship at Atlanta Athletic Club. His 20-under par matched Jason Day's record for lowest under par at last year's PGA Championship.

THE ASSOCIATED PRESS

MLB

## AL MVP provides winning hit in 9th

Josh Donaldson hit a tiebreaking two-run double with two outs in the ninth against his former team and the Toronto Blue Jays held on for a 5-3 win over the Oakland Athletics on Sunday to avoid a three-game sweep.

Troy Tulowitzki homered while Russell Martin and Justin Smoak added two hits apiece for the Blue Jays.

Donaldson, traded from Oakland to Toronto prior to the 2015 season, also singled and scored in the first inning to help the Blue Jays win after A's starter Rich Hill left the game with a blister on his finger in the first inning.

SUNDAY In Oakland

5	3
BLUE JAYS	ATHLETICS

Marcus Semien homered for the A's.

Smoak and Junior Lake hit consecutive one-out singles off John Axford (3-3) in the ninth. Devon Travis struck out looking before Donaldson lined a 2-1 pitch down the left-field line to drive in pinch-runner Andy Burns and Lake.

Jason Grilli (3-1) retired three batters for the win. Roberto Osuna pitched the ninth for his 19th save.

THE ASSOCIATED PRESS

INDYCAR

## Power completes Toronto hat trick



Will Power THE CANADIAN PRESS

Will Power has won his third Honda Indy Toronto.

The Australian, who previously won the event in 2007 and 2010, captured the 85-lap race on the streets surrounding Toronto's Exhibition Place by 1.5275 seconds.

Brazil's Helio Castroneves was second ahead of James Hinchcliffe of Oakville, Ont.

Power, the 2014 IndyCar Series champion, started the race in fourth after qualifying.

THE CANADIAN PRESS

TOUR DE FRANCE

## Pantano wins mountain stage, Froome still in lead

Colombian rider Jarlinson Pantano won the brutal 15th stage of the Tour de France through the Jura mountains after a long breakaway on Sunday.

Pantano outsprinted Polish rider Rafal Majka to the finish line in Culoz.

Race leader Chris Froome finished slightly more than three minutes behind in a group including all of the other contenders and kept the yellow jersey.

THE ASSOCIATED PRESS

NHL

## Hoffman hopeful he'll stay a Senator

Restricted free agent forward Mike Hoffman says his No. 1 goal is to remain an Ottawa Senator.

The 26-year-old filed for salary arbitration with the Senators on July 5.

"We're in the midst of trying to sign a new contract here," Hoffman said, whose arbitration date is Aug. 4. "New coach coming in, Guy Boucher, I had him in junior when I played in Drummondville of the Quebec League. Very good relationship

59

Hoffman's point total last season, which included 29 goals which led all Sens.

with him, we won a championship together. So definitely looking forward to working with him this year."

THE CANADIAN PRESS



Blue Jays third baseman Josh Donaldson scored a run and drove in a pair on Sunday.

JASON O. WATSON/GETTY IMAGES



# Now it's time for Sid to rest



Sidney Crosby leaves the Cole Harbour Place parking lot with the Stanley Cup during Saturday's celebration in his hometown. KRISTEN LIPSCOMBE/METRO

## CROSBY'S PARADE

### Thousands hit Cole Harbour to see hero's Cup



**Kristen Lipscombe**  
Metro | Halifax

Sidney Crosby didn't get much sleep with the Stanley Cup around, but said being able to celebrate with as many family members, friends and fans as possible made the lack of shut-eye more than worth it.

Tens of thousands gathered along the streets of Cole Harbour Saturday and outside Cole Harbour Place under the piercing, midday summer sun to welcome the Pittsburgh Pen-

**“It's amazing, the way the people turn out; the way they support everything.”**

Sidney Crosby



Young Crosby fans catch a glimpse of their hero as he signs autographs next to the Cup. DARREN CALABRESE/THE CANADIAN PRESS

guins captain and the Cup back to his proud hometown.

“I went to bed at five,” Crosby said with a chuckle Saturday following the much-anticipated parade.

“So yeah, I probably got three or four hours,” the 28-year-old two-time Stanley Cup champion and two-time Olympic gold medalist told members of the media.

Crosby picked up the Stanley Cup, along with his Conn Smythe trophy, Friday morning and did everything from visit staff and customers at a Cole Harbour Tim Hortons, to patients at both children's hospi-

tal the IWK Health Centre and Camp Hill Veterans Memorial in Halifax.

“I've just got to soak up every bit of it,” said Crosby, who bid adieu to the Cup Saturday evening.

The fans in attendance for Saturday's parade did the same, with many holding up signs and some showing off home-made versions of the Stanley Cup.

“It's amazing, the way the people turn out; the way they support everything,” Crosby said of the crowd which was estimated at 30,000. “That's just the way it is here.”

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# RECIPE Rigatoni with Peas and Spring Onions



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada



- Juice of half a large lemon
- 1 Tbsp chopped fresh mint, plus more for garnish

## Directions

**1.** Bring a large pot of salted water to boil over medium heat. Once boiling, add the pasta and cook 7 to 11 minutes, or until al dente. Drain the pasta and pour into a large bowl.

**2.** Mix pasta with peas, onions and feta. In a small bowl, whisk olive oil, lemon juice and mint. Drizzle dressing over pasta and toss throughout. Sprinkle pasta with another teaspoon of fresh, chopped mint and serve.

FOR MORE MEAL IDEAS, VISIT  
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Satisfy your carb cravings even on a hot summer night with this easy pasta – the only part that requires the heat of the stove is boiling the water for the pasta.

## Ready in

Prep time: 15 minutes  
Total time: 30 minutes  
Serves 4 to 6

## Ingredients

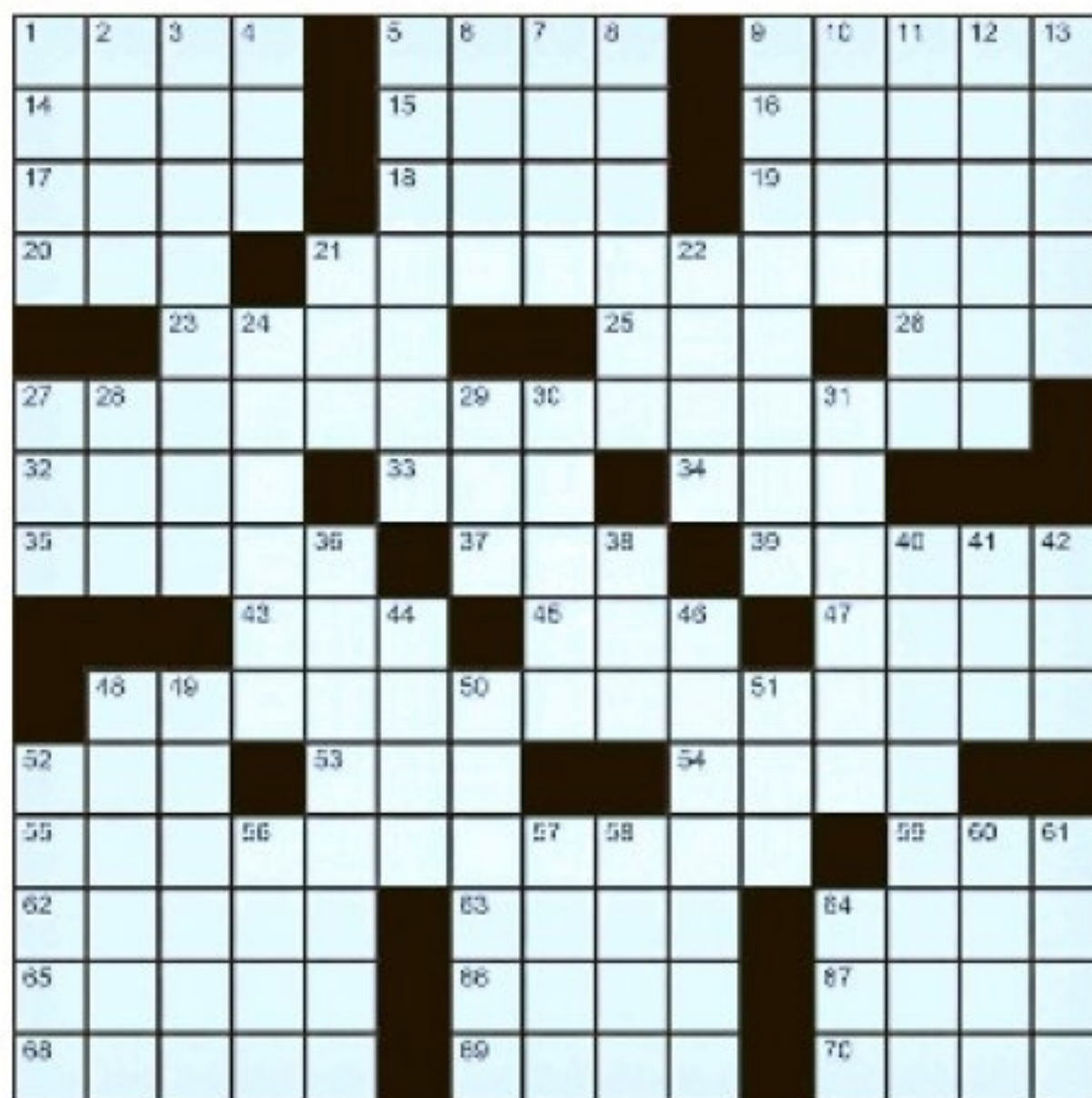
- 500g rigatoni pasta
- 2 cups fresh or frozen peas, cooked and drained
- 1 1/2 cups crumbled feta cheese
- 1 bunch green onions (about 4), sliced
- 1/3 cup olive oil

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Tick-tick tickers
5. Endorse
9. Porch 'instrument' sound
14. Tiredly sit, \_\_ down
15. Iridescent gem
16. Old alphabetic symbols
17. In a competent manner
18. Mr. Auberjonois
19. Andes people, once
20. Sigma's follower
21. Smartphone communication: 2 wds.
23. Atmosphere
25. Sugar amt.
26. "\_\_\_ and the Single Girl" (1964)
27. As in recent news, the NASA spacecraft Juno is in the what?: 3 wds.
32. Howl
33. Writer, Rita \_\_ Brown
34. Over, to a poet
35. Legislate
37. Old airline, e.g.
39. Kindled again
43. Knowing interjections
45. NASA-like org., headquartered in Paris
47. Built
48. 'Where History Meets Opportunity' community in Nova Scotia: 2 wds.
52. "Today" competitor [acronym]
53. Director Mr. Burton
54. Yesteryear
55. Disposable
59. Li'l round rate



62. Grant
63. Stead
64. Fodder holder
65. Vatican City sculpture by Michelangelo
66. Offering at the wine & cheese party
67. Load
68. Impulsive

69. "Bill & \_\_ Excellent Adventure" (1989)
70. Footwear faves from Australia

## DOWN

1. Tiff
2. Napoleon's exile isle
3. 'C' of BC
4. Sleuth of sorts
5. Tedium
6. Climax
7. "\_\_\_ Stand Losing You" by The Police

8. Swindle Island community in #3-Down
9. More crunchy
10. Attila, and others
11. As a precaution: 2 wds.
12. Paltry, States-style
13. Bette Davis/Errol Flynn movie, "The Pri-

vate Lives of Elizabeth and \_\_" (1939)  
21. Full amount [abbr.]  
22. Canadian hockey great Phil, to fans  
24. Machinery desqueaker container  
27. Worry about money in a way  
28. Sprinted  
29. Bacon \_\_  
30. "You Were Meant for Me" songstress  
31. Ground shaker  
36. Where they ran in a slapstick comedy!  
38. Air Supply's "Just \_\_ Am"  
40. 1970s salon technique for the 'Farrah' look  
41. Ms. Lupino  
42. Resume no.  
44. \_\_ and Span (Cleaning brand)  
46. Refuges  
48. Henry Fielding book of 1751  
49. Seaport of Italy  
50. Diner's morning order  
51. Fish egg mass  
52. Sort of chart  
56. Ex-Senator of Mississippi, Trent \_\_  
57. Military helper  
58. One-of-some on a string  
60. Socket's insertee  
61. Green garden growth  
64. Old French coin

# ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Be patient with family members today, because everyone can feel the buildup of tension before tomorrow's Full Moon. Avoid squabbles about shared property.

**Taurus** April 21 - May 21  
Be patient with others today, because there is a buildup of tension before tomorrow's Full Moon. This same tension can also promote accidents. Be careful!

**Gemini** May 22 - June 21  
Squabbles about money and possessions might take place today because people are uptight before tomorrow's Full Moon. Today and tomorrow are not the days to make your case.

**Cancer** June 22 - July 23  
Tomorrow the Full Moon will be directly opposite your sign, which is problematic for partnerships and close friendships. You will start to see this tension build up today.

**Leo** July 24 - Aug. 23  
It's Monday, and people at work are a bit tense because tomorrow is a Full Moon. Connect the dots. Be accommodating and patient with everyone. Ya think?

**Virgo** Aug. 24 - Sept. 23  
Parents must be patient with children today, because they can feel tension building up before tomorrow's Full Moon. (Even your family dog feels this.) Likewise, romantic partners need to cut each other some slack.

**Libra** Sept. 24 - Oct. 23  
Today and tomorrow are poor day for important discussions with parents and bosses. Just do your best to juggle responsibilities at home and in your job.

**Scorpio** Oct. 24 - Nov. 22  
Today and tomorrow are accident-prone days for your sign. Therefore, slow down and pay attention to everything you say and do.

**Sagittarius** Nov. 23 - Dec. 21  
If you have disputes about shared property or financial matters, wait until later in the week to address them. Today and tomorrow are poor days because of tomorrow's Full Moon.

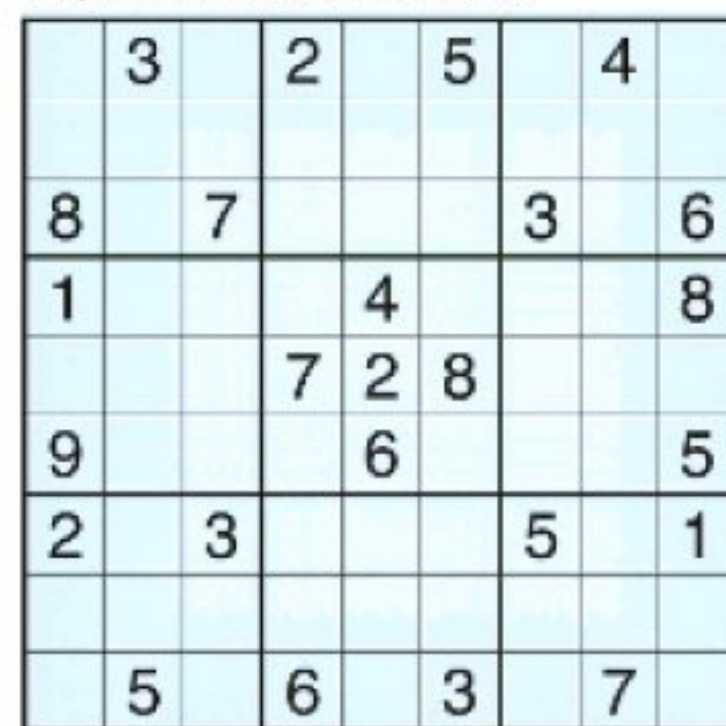
**Capricorn** Dec. 22 - Jan. 20  
The Moon is in your sign today, and tomorrow, there will be a Full Moon in your sign! Holy Lunarmania! Be patient with everyone.

**Aquarius** Jan. 21 - Feb. 19  
Be patient with co-workers today and tomorrow, because tomorrow there is a Full Moon. You even can feel this energy building up today. Stay mellow. Knowing this ahead of time, you can be patient to keep the peace.

**Pisces** Feb. 20 - March 20  
Romance might be strained in the next two days, because of the Full Moon. Likewise, social occasions and interaction with children will be challenging.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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